



THIS PRODUCT HAS A
TAMPER-EVIDENT FOIL
POUCH. DO NOT USE IF FOIL
OR PLASTIC IS PUNCTURED!

AM FORMULA

Supplement Facts		
Serving Size 1 Tablet		
Amount per Serving		% DV
Green Tea Leaf Extract standardized to 35 mg caffeine	250 mg	**
Asian Ginseng Root Extract standardized to 7% ginsenosides (7 mg)	100 mg	**
Black Cohosh Root and Rhizome Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg	**
**Daily Value (DV) not established.		

Other ingredients: cellulose, sodium croscarmellose, stearic acid, hypromellose, titanium dioxide color, hydroxypropyl cellulose, magnesium stearate, silicon dioxide, glycerin, soy lecithin, carnauba wax
Contains soy.

PM FORMULA

Supplement Facts		
Serving Size 1 Tablet		
Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Valerian Root Extract standardized to 0.8% valeric acids (1.6 mg)	200 mg	**
Hops Flower Extract	100 mg	**
L-Theanine (Suntheanine® brand)	50 mg	**
Black Cohosh Root and Rhizome Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg	**
†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.		

Other ingredients: cellulose, hypromellose, sodium croscarmellose, magnesium stearate, silicon dioxide, carot and paprika extract color, soy lecithin, carnauba wax
Contains soy.
Suntheanine®, a patented form of L-Theanine, is a registered trademark of Taiyo International, Inc.

Recommendation: AM: Take 1 (white) AM tablet in the morning.
PM: Take 1 (purple) PM tablet approximately 30-45 minutes before bedtime. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits.

Day & Night Symptom Relief*

AM Formula		Actual Size
Ingredients	Support	
• Black Cohosh	• For hot flashes & irritability*	
• Ginseng and Green Tea	• For daytime energy*	

PM Formula		Actual Size
Ingredients	Support	
• Black Cohosh	• For relief of occasional night sweats and mood swings*	
• Valerian and Hops	• For restful sleep*	
• L-Theanine	• For relaxation and well-being*	

CAUTION: Do not use if sensitive to caffeine. Not recommended for use by pregnant or nursing women or by children under 18 years of age. Each serving of the AM Formula contains 35 mg of caffeine. Discontinue use and consult a healthcare professional if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice. Avoid alcohol and do not drive or operate machinery while taking this product. If taking prescription drugs for diabetes, taking sedatives, tranquilizers, or any other medications, consult a healthcare professional before use.

GLUTEN FREE. No sugar, salt, yeast, wheat, dairy products, artificial flavors or preservatives.

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Menopause Formula
AM/PM



LBX07206.15 BLK720D, BLK721B

WOMEN'S HEALTH

30 AM TABLETS and 30 PM TABLETS

2 TARGETED DIETARY SUPPLEMENTS

Day & Night Relief for Menopausal Symptoms*

Menopause Formula
AM/PM

HORMONE-FREE



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Hormone-Free
plus Energy and Sleep

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AM Hot Flashes • Lack of Energy* • Irritability* • Mood Swings*
PM Night Sweats* • Occasional Sleeplessness*

Menopause Formula
AM/PM

